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Session 1 Orientation (edited 04.04.11)

Check that range is debris free.

Motorcycles set out > 6 X > 6.

Set up 20-foot cones.

If 8 students or less, the brake chutes may be set up.

Read roster notes carefully. Roll call. Name tags.

Tuition collection. Students sign the waivers.

Check & Count waivers.

Introductions: Name, Live, Heard, Expect Today?

Page 1: Students read one at a time.

Helmet demo. Helmet practice for students.

Perform “gear check”.

Page 2: Show and tell them the signals. Each student reads a rule. Emphasize each rule, appropriately.

Page 3: Primary Controls. Make sure they know where the controls are and how to use them.
Explain transmission theory.

Page 4: Mounting, Dismounting, Hand Position, Posture:
Students read as you perform.

Conduct exercises 1 and 2.

Break 1:

Page 5. Starting controls. Shifting.

Conduct exercise 3, 4, and 5.

Break 2:

Finish page 5 and review entire Page 6: Students read a paragraph at a time. Tell students, “For today, use only the front brake until instructed to use both”.

Conduct exercises 6 (and optional 7).

Encourage clapping. Students read b1 Wrap-up. Sign up people for b2 and b3 as appropriate. Finish roster notes.

1st ex of S1: The name of this exercise is, "Getting introduced to your motorcycle."

In this exercise, you will practice mounting and dismounting, and review proper riding posture, and locate the primary controls.

Instructor demonstrates. Emphasize fingertip, progressively squeeze of brake on mounting and dismounting. Show how you can tell you are far enough forward on saddle. Show and tell throttle roll-on and proper wrist position.

1 a. Directions: *(Students perform while you direct.)*

Stand to the left of your motorcycle. Squeeze the brake.

Straighten and sit. Sidestand up.

Slide forward to relax shoulders and bend elbows. Turn the bars left and right several times and let the bike move under you. Now repeat with your head up. Scoot forward so you can do this without moving your shoulders.

Lean the motorcycles to the left and the right.

Properly dismount and stand by your motorcycle.

Exercise 1 b: Review posture and primary controls."

We will now build on our skills by adding the primary controls.

Directions: *Students perform while you direct the following.*

Properly mount. Now take a moment to center yourself. Fix your hands.

Now put your hands to your sides. Lightly put your hands on the controls; cover the clutch with your left hand. Right fingers comfortably curled around the throttle, with the wrist-flat position, (Assure yourself every student is properly evaluated coached before moving on.)

We will practice "Visual Directional Control". Keep your head up and eyes level, looking at the horizon. Now lean just the motorcycle beneath you.

Identify and operate primary controls: Repeat each step until you have evaluated and coached each student.

-The Throttle. Smoothly roll it on, now smoothly roll it off to the closed position. Quarter, half, and full roll-on. *(Explain why this is important to reduce accidental "roll-ons".)*

-The Front Brake. Squeeze, Release. Wrist must be in the down or flat position when you roll-off. Squeeze brake with fingertips.

For this class, do not cover the brake.

-The Clutch. Squeeze, Ease out half-way and hold. Finish Ease. Emphasize fingertip control.

Practice lightly squeezing the brake and the clutch simultaneously.

-Left foot. Practice lifting the foot to the peg without hitting the shift lever. *Do not review shift lever here. (done in ex 3)*

-The Rear Brake. Ball of foot on peg. Slide foot forward and press brake lever.

Now repeat with students looking downrange. They must be able to locate and use the controls by feel. Then combinations:

Assure that they can squeeze the brake while keeping the throttle closed.

Properly dismount.

2nd ex of S1: The name of this exercise is, "Practice looking well ahead, using the front brake, and holding on."

In this exercise you will push the motorcycle while walking beside it. You will also mount and straddle walk the motorcycle, with the engine off, across the range.

Point out Path-of-Travel

2 a. Directions:

Stand to the left of your motorcycle. Straighten the motorcycle and put the sidestand up. Do not cover the front brake lever. *(Covering the clutch not required for exercise 2a.)*

When signaled, walk forward. The instructor will then signal you to stop. Stop by lightly squeezing the front brake with your fingertips. You will then walk in single file to your assigned cone, placing your front tire next to the cone. Once you are at your cone, put the sidestand down.

After sidestand is down, properly mount and assume proper riding posture. When signaled, straddle walk across the range.

Stop at the target cone. When stopped, your front tire should be within one foot of the target cone. We will turn around together, and repeat the straddle walk.

Remember to look well ahead while moving. When stopping, squeeze the front brake. *(Demonstrate Stop Signal) What does this mean?*

Let's watch "Name" demonstrate the technique.

Instructors may help weaker students move their motorcycle to the cone.

1st Straddle, tell them to go slow and not hurry. Do not over-coach on 1st lap. They should not be covering the brake. They do not have to cover the clutch.

After the slowest student has stopped at their cone, explain to the group how they are to turn around. They are to turn to the right and travel a full bike-length, then return by looking for their cone traveling to the left. Tell them to "Let the bike lean beneath you."

2nd straddle: Cover clutch. Correct students who do not stop within 1 foot of the target cone. It does not matter to which side, but if a student asks, tell them to the right side of the target cone.

Exercise 2, page 2.

After 2nd straddle, have them shake out their arms and catch their breath. Announce that "Since we know how to do it, we will now practice!" The students should be covering the clutch and not covering the brake while straddle walking.

After the 3rd straddle, do not dismount, conduct ex 2 b. The 4th straddle walk the students can be encouraged to move a little more quickly.

Exercise 2 b: The name of this exercise is, "Centering yourself on the motorcycle."

In this exercise we will practice lifting both feet to the pegs without looking down. Also, we will practice holding onto the motorcycle by keeping our knees against the tank.

Directions: Students perform while you direct.

Place sidestand down and lean the weight of the motorcycle on the sidestand. With the weight of the motorcycle on the sidestand, "straighten the bars".

Lift your knees to the tank and place your feet on the pegs.

First just have them put their feet on the pegs, they will typically look down as they do this the first time. This is natural. After they are comfortable putting their feet to the pegs, coach them to keep looking well ahead as they lift their knees to the tank without looking down.

Now we will practice lifting our feet while looking at the target cone.

Practice several times and review proper riding posture.

Remember, keep looking at your target cone as you lift your knees, and squeeze the tank with your knees to stay centered.

When students are ready, while their feet remain on the pegs, have them squeeze the tank with their knees and command them to relax their hands to their sides. Then have them put their hands lightly on the controls.

To end the exercise, have the students to place feet on ground, straighten and put side stand up. Straddle walk quickly to other side and stop at their cone, turn motorcycles around.

Take a break.

3rd ex of S1: The name of this exercise is, "The starting controls and shifting when the engine is off."

In this exercise you will locate and operate the controls needed to start the engine, and you will practice shifting.

Directions:

Gather students around the left of a motorcycle. Demonstrate and discuss: engine cut-off (kill) switch and starter button. Then the key. Then the choke, and last and unimportant, the fuel valve.

Next, mount the motorcycle (without gear) and demonstrate shifting when the engine is off. Take your time here and slowly shift through all the gears. The shifting demonstration should be done methodically, and the students should hear as well as see the technique.

Finally demonstrate starting and stopping the engine. Restart engine with choke off and mention that the starter motor may be louder than the engine on these motorcycles.

Command students to properly mount:

With the engines off, students practice shifting to top gear and back to neutral. The first shift is from neutral to second gear. End the exercise with students practicing shifting second-neutral-first-neutral.

Lastly, lead the students through the starting procedure. Start engines and let them warm until the chokes can be turned off. Restart after chokes are off. Remember that the next exercise will involve the smooth throttle control practice, so here, just let the chokes warm the engines.

4th ex of S1: The name of this exercise is, "Practice patient throttle control and shifting when the engine is on."

In this exercise you will learn to be patient when using the throttle. Then you will practice shifting by using your finger tips on the clutch lever to move the synchronizers.

Directions:

Gather students around the left of a motorcycle.

Mount the motorcycle and demonstrate throttle control, explaining to be patient as the power builds.

Then demonstrate shifting when the engine is on. Take your time and emphasize the clutch is "wiggled" a little bit. Demonstrate stalling and restarting in gear.

Shift through all the gears and listen for the synchronizers to "click".

Command students to properly mount and warm engines. Practice throttle patience. Be sure the engines are warmed before proceeding to the shifting practice.

Students practice shifting to top gear and back to neutral. The first shift is from neutral to second gear. End the exercise with students practicing shifting second-neutral-first-neutral.

Assure yourself that all students can "find neutral" with some reliability before ending this exercise.

5th ex of S1: The name of this exercise is, "Adding more power while rocking, and power walking across the range. In this exercise you will learn how to use the clutch to smoothly deliver power to the rear wheel to make the motorcycle move.

Directions:

There are two parts to this exercise, rocking in place and power-walking across the range. Stay in first gear for both parts. Start the engine and let it warm up for about a minute. Practice smooth throttle control while the engine is warming.

For the rocking step, squeeze the clutch and shift to first gear, then put both feet on the ground. Push the motorcycle backwards until you are resting on the heels of your shoes.

Ease out clutch about halfway and hold it there. This is the point where you start to feel engine power being engaged to the rear wheel. Hold the lever at that position. Let the bike move forward one foot so that your feet are again flat on the ground. Then squeeze the clutch and rock backwards and repeat.

Practice rocking the motorcycle using good clutch control. Once you are confident controlling the clutch, add power by holding the throttle steady before easing the clutch out. Move forward one foot, when your feet are flat, close the throttle and squeeze the clutch, then rock back on your heels and repeat.

After everyone has been successful with the rocking step, we will power walk. On signal, begin to power-walk the motorcycle towards your target cone.

Stop the motorcycle at midrange by closing the throttle, then squeeze the brake lever to stop. On signal power-walk forward. When you reach your target cone, stop and place the motorcycle in neutral, waive your left hand, then turn around.

Remember, in this exercise do not release the clutch beyond halfway. If you release the clutch all the way, you are not practicing clutch control with your finger tips.

Let's watch "Name" demonstrate the technique.

Note: Do not over coach finding neutral. If a student has difficulty, have them use the engine cut-off switch to turn around. Appropriately coach finding neutral every few passes.

6th ex of S1. The name of this exercise is, "Getting underway smoothly."

In this exercise you will continue power walking, and practice lifting your feet. When you are ready, you will ride the width of the range with your feet on the pegs and your knees in, against the tank.

Note: The instructor may require you to continue power walking until you have confidence with your throttle and clutch control.

Directions:

For the first pass, we will continue the power walk for practice.

Next, when you are ready to ride, straddle walk as many steps as needed. Once there is enough speed, place your feet on the pegs and knees against the tank.

If you are moving too slowly, immediately put both feet to the ground and return to power-walking.

Stop at the target cone. Shift to neutral, wave your left hand and turn around. We always turn around in neutral.

Note: If your feet are on the pegs, the clutch should be fully released.

Remember to look well ahead and keep your knees against the tank while riding.

Let's watch "Name" demonstrate the technique.

Do not coach "finding neutral" in this exercise. If a student is having difficulty shifting to neutral, direct them to use the engine cut-off switch after they stop, and to turn around and restart. Have them skip a lap and practice finding neutral.

Time permitting, add "squeeze knees against the tank practice". Then add using both brakes practice. You may use the brake chutes if appropriate, however, you must ride the demonstration if you use the brake chutes.

Optional: 7th ex of S1. The name of this exercise is, "Practice straight line riding."

In this exercise you will ride the length of the range demonstrating smooth starts, good riding technique, and controlled stops.

Point out Path-of-Travel.

Directions:

Line up in single file at the start cones. On signal, start smoothly and ride toward the brake chutes. Stabilize your speed at 12 MPH. Do not exceed 15 MPH. As you pass the green cones, roll off the throttle. Come to a smooth controlled stop near the orange cones.

As you are stopping, use the front brake. Delay squeezing the clutch until you are almost stopped. You may use both brakes if you can maintain smooth control.

After completely stopping, power-walk to the next line. Shift to neutral while waiting in line. Do not start again until the student in front of you has left the stopping area.

Remember, while stopping, lightly squeeze your front brake, increasing squeeze pressure as you near the stop cones.

Let's watch "Name" demonstrate the technique.

Do not over coach this exercise. If you need to coach many items, end the exercise and wrap up the session.

On the first pass, in general you do not coach unless there is a specific safety issue.

On the second pass you may coach students to speed up. Do not coach braking unless students have enough speed and are stable.

End the exercise by stacking all students at one start gate. Have them dismount and walk the bikes to the next appropriate position.